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PAGE 15



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PHILADELPHIA'S #1 DAILY NEWSPAPER

Wednesday, January 15, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

Made in Fishtown, USA

PAGE 02



Interstate Drafthouse co-owner Brandon Biters makes a "Fishtown Iced Tea," a local twist on the Long Island Iced Tea with Arctic Splash. / CHARLES MOSTOLLER, METRO

Cop-killer's death sentence overturned

New decision. A Philadelphia judge says Edward Bracey, who shot and killed Officer Daniel R. Boyle in 1991, is mentally disabled and therefore cannot be put to death. **Could an appeal be coming?** Philadelphia District Attorney Seth Williams said on Tuesday it's too early to make a decision for an appeal. PAGE 04

**Connick Jr.
lives the
'American'
dream**

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**Will 2014 be
the year of
the hybrid
workout?**

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**Homegrown
ESPN
anchor talks
Philly sports**

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1 NEWS



Top 3

What's trending online at Metro.us

1 'VIDEO: Dallas Cowboys cheerleaders gyrate with hula-hoop mounted GoPro cam'

2 'VIDEO: Devil baby spooks New Yorkers in prank'

3 'Australian sharks equipped with chip that sends warning tweets'

Local Tweet

"The latest #Gov. ChrisChristie commercial 'I'm stronger than the Bridge'"

Well played, @RETTinol. Well played.

Fishtown's identity tied to an iced tea container

Making an Arctic Splash. The popular sugary beverage has become a very popular sugary alcoholic beverage.

It's not Fishtown's drink, per se. It's more like its trademark.

Call it Fishtown Wooder.

Arctic Splash Iced Tea — you know, those white cartons with the frosty blue lettering and brown bottom that litter the streets of the River Ward neighborhood — have more or less developed into the neighborhood's signature beverage.

How do we know? Check the streets. The crumpled and crushed cartons are in the streets, storm drains and alleys.

"In front of a trash can," said Fishtown resident Courtney Bresler-Nowak. "That's my favorite."

The beverage seems to have a grip on the neighborhood. So, what does it say about that area?

"I was actually an Arctic Splash this year for Halloween," said Jill Betters, who runs the @Fish-town Twitter account. "And I was clearly an Arctic Splash container that had been thrown on the ground. I had some leaves on me. We wanted it to be as accurate as possible."

"I don't think there is



Add a lemon, lime and a straw and you have the Fishtown Iced Tea at Interstate Drafthouse. / CHARLES MOSTOLLER, METRO

Quoted

"Arctic Splash: an amazing drink or amazing iced tea that most fishtown people drink."

Entry on Urban Dictionary

anything special about the drink," she added. "It's basically sugar water, but for whatever reason it happens to be popular." And then bars caught on.

Now, this specific brand of iced tea may be considered Fishtown's favorite drink, but it needs some extra ingredients to be considered the neigh-

borhood's "juice."

Enter Interstate Drafthouse, which sits just beyond the corner of East Girard and Palmer Street.

A female bartender was cleaning up the crushed containers in the playground next door when inspiration struck.

The following day, "she just, like, brought in 10 Arctic Splashes and

Fishtown Iced Tea

The recipe includes:

- Rum
- Vodka
- Triple Sec
- Tequila
- A little bit of sour mix
- A splash of Coca-Cola
- Arctic Splash Iced Tea
- Served in the original container to seal in the papery aftertaste.

said 'I'm gonna do a special,'" said bar co-owner Brandon Bitros.

"It's called the Fishtown Iced Tea," the bartender said. Essentially it's a Long Island Iced Tea in a paper container.

That day, the drinks sold out in an hour.

"It was just supposed to be a one night thing as a joke," Bitros said. "Not something that would be our signature cocktail."

Betters said the drink — and its alcoholic alterations — means Fishtown has its "own authentic brand of lifestyle drink."

"Here's one for ya," Bitros said. "Some customers had it as their signature cocktail drink at their wedding."



TOMMY ROWAN
tommy.rowan@metro.us

Deadly. Two shot and killed minutes apart

Two men were killed in separate shootings that happened about 10 minutes apart in North Philadelphia and Kensington on Monday night.

A 22-year-old man died after he was shot multiple times about 9 p.m. on the 600 block of Franklin Place in North Philadelphia, just west of the Northern Liberties neighborhood. The victim was rushed to

Hahnemann University Hospital for treatment of gunshot wounds to his back.

The second round of deadly gunfire happened just after 9 p.m. on the 3300 block of Amber Street in the city's Kensington section. A 35-year-old man was shot once in the chest and died at Temple University Hospital about 30 minutes later. **METRO**

Evacuation

Fire started in a dryer

A fast-moving fire damaged an apartment building in Center City on Tuesday.

The fire, allegedly started in a dryer, happened just after midnight on the 100 block of North 21st Street.

Neighboring homes were evacuated, but residents were able to return. **METRO**

Pitch

TEDxPhilly makes last call for speakers

Philadelphia is looking for local leaders who have those "ideas worth spreading."

In anticipation of the daylong TEDxPhilly talk in March, organizers are making a last call for speakers.

On March 28, the city will host its third official TEDxPhiladel-



TedXPhilly is back in March. PROVIDED

phia conference at the Baptist Temple on Temple University's campus. **METRO**

Judge decides cop-killer won't be put to death

No execution. Two decades after a jury sentenced Edward Bracey to death, a Philadelphia judge has reversed the decision.

A Philadelphia Commonwealth Court judge commuted a death sentence to life imprisonment for a man convicted of murdering a Philadelphia cop in 1991.

Officer Daniel R. Boyle was 21 and had been a police officer for one year when he was shot after stopping a stolen car near Eighth Street and Germantown Avenue.

He died from his wounds two days later, on Feb. 6, 1991.

Edward Bracey was convicted of first-degree murder and sentenced to death.

However, Judge Theresa Sarmina vacated the death sentence on Monday, ruling that Bracey was mentally disabled and could not be put to death.

Sarmina reportedly found Bracey to have an



Officer Danny Boyle / PPD

Quoted

"How [can] a jury's verdict, having been ratified by multiple layers of review ... be undone 22 years after it was rendered?"

McCann

IQ of 74, according to the Inquirer.

Bracey's sentence is now life without parole. He has served 20 years on death row.

While District Attorney Seth Williams at a press conference Tuesday morning did not announce whether his office would appeal Sarmina's ruling, saying it is too early to

make that decision, he criticized overruling a 22-year-old jury verdict.

"Officer Danny Boyle was a true hero," Williams said in a statement. "This ruling is perplexing, and I can only imagine how devastating it is for the Boyle family."

Williams' first assistant district attorney, Ed McCann, said that in one of Bracey's prior appeals in 1998, three expert witnesses testified that Bracey was not mentally disabled.

"The defendant alleged that his trial attorney was ineffective for failing to present mental health mitigation evidence," McCann said in a statement.

According to McCann, Bracey presented three expert witnesses: one who said Bracey's IQ was five points above the level required for mental disability; another said simply that Bracey was not mentally retarded; and a third said Bracey was in the borderline range of mental retardation but could read at a 10th-grade level.

Subsequently, Bracey's 1998 appeal was denied.



SAM NEWHOUSE
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Taking her new wheels out for a spin

Antoinette Bethea, 7, tries out her new bicycle as Alain Baronnier pushes at an annual business conference where employees from Axalta Coating Systems built 26 bicycles that were then donated to children from the Boys and Girls Club of Philadelphia. / CHARLES MOSTOLLER, METRO

Gamble. Aide gets probation for stealing campaign funds

A Philadelphia City Councilman's aide got three years' probation on Tuesday for stealing almost \$50,000 in campaign funds, prosecutors have announced.

Richard North, 24, previously pleaded guilty to charges that while working for City Councilman Bobby Henon (D-6th dist.) when he illegally used a credit card and cashed campaign checks worth \$50,000, to fund his gambling habit at SugarHouse Casino in Philadelphia.

North is not allowed to go to any casinos during his three years of probation, after which he must enroll in drug and alcohol counseling.

North has paid almost \$62,000 in restitution, prosecutors said.

Henon assisted with the investigation, District Attorney Seth Williams said in a statement. **METRO**



Bobby Henon / PROVIDED

Quoted

"North's arrest and prosecution shows that the DA's Office will investigate and prosecute anyone who commits a crime in Philadelphia, no matter where they work, live or who they know."

Williams



See more at
www.metro.us

A very wet commute

A woman with a pink umbrella walks past Headhouse Square in Queen's Village on Tuesday as rain fell in the city all day. The rain is supposed to stop today as temperatures are slated to reach the low 50s. / CHARLES MOSTOLLER, METRO

Grisly. Teen girl's dead baby discovered in shoebox under bed

A Delaware man found his teenage daughter's baby dead inside their New Castle County home Sunday night.

The father found the body in a shoebox under his 15-year-old's bed, according to officials. He made the discovery while cleaning the bedroom of the girl, who was visiting her mother.

New Castle County police were summoned to the 3800 block of Eunice Avenue in the commu-

nity of Dunlinden Acres about 9:20 p.m. Sunday.

Police have determined that the 15-year-old is the mother of the deceased infant. Autopsy results are pending. The father reportedly never knew his daughter was pregnant.

Action News reported that a relative said the teen had seemed distant from her family for several months and mostly stayed in her bedroom.

METRO

In remembrance

Collapse memorial fund established

A fund has been established by the Pennsylvania Horticultural Society for public

donations to the proposed building collapse memorial. The memorial committee seeks to have a temporary memorial set up at 22nd and Market streets by June 5, the anniversary of the collapse. **METRO**



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Christie apologizes again in speech, promises cooperation

Hot seat. Brewing scandals threaten to tarnish Christie's reputation and national appeal.

New Jersey Gov. Chris Christie opened his State of the State Address on Tuesday with an apology and a vow to fully cooperate with "all appropriate" investigations of an apparent scheme to cause massive traffic jams as well as the use of federal money for a state ad campaign.

Christie — a charismatic conservative and an early favorite in the Republican bid for the White House in 2016, was re-elected in a landslide victory last November — but the two scandals com-



The State of the State Address in the Assembly Chambers at the Statehouse / GETTY IMAGES

Quoted

"The last week has certainly tested this administration. Mistakes were clearly made. And as a result, we let down the people we are entrusted to serve."

Christie

ing in the first weeks of the year have put him on the defensive.

"Without a doubt, we will cooperate with all appropriate inquiries to ensure that this breach of trust does not happen again," Christie said.

Two sets of emails last week appeared to show that Christie's aides had orchestrated lane closures for several days last September on a stretch of highway leading to the George Washington Bridge and then lied about it.

But Gov. Christie's speech mostly addressed the "Jersey Comeback," which the governor has long claimed has resulted in private sector jobs and secured public-private investment in the Garden State.

REUTERS

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Ready, aim, fire

Wyo. lawmaker seeks firing squad for executions

A Wyoming lawmaker has proposed the use of the firing squad to execute state inmates if any issues ever prevented the state from using lethal injection, the Associated Press reports.

Republican Sen. Bruce Burns told the AP that

state law currently calls for using a gas chamber if lethal injection is unavailable.

"One of the reasons I chose firing squad as opposed to any other form of execution is because, frankly, it's one of the cheapest for the state," Burns said. "The expense of building a gas chamber I think would be prohibitive when you consider



FIRING SQUAD SAVES MONEY FOR THE STATE. GETTY IMAGES

how many people would be executed by it, and even the cost of gallows."

Burns, a member of the Senate Judiciary Committee, told the AP that he also considers the gas chamber to be cruel and unusual punishment.

He's introduced the bill for consideration in the legislative session that starts Feb. 10.

Wyoming has only one inmate on death row and last executed an inmate in 1992, AP reported. **METRO**

Google gains entry to home with \$3.2B Nest compact

High stakes. The new deal is the second largest in Google's history.



Google / GETTY IMAGES

Apple alum

100

According to a search on professional network LinkedIn, roughly 100 of Nest's 300 employees have worked at Apple in the past.

devices over time," said Shyam Patil, an analyst at Wedbush.

Nest gained a large following with its first thermostat — a round, brushed-metal device with a convex glass screen that displays temperature and changes hue to match the color of the wall it attaches to. It also tracks usage and employs that data to automatically set heating and cooling temperatures.

REUTERS

Google Inc. took its biggest step to go deeper into consumers' homes, announcing a \$3.2 billion deal to buy smart thermostat and smoke alarm-maker Nest Labs Inc., scooping up a promising line of products and a prized design team led by the "godfather" of the iPod.

Nest will continue to operate as its own distinct brand after the all-cash deal closes, Google said on Monday.

The Nest acquisition gives Google a stepping stone into an important new market at a time when consumer appliances and Internet services are increasingly merging.

"Nest Labs appears to be focused on thermostats and smoke alarms, but it's not far-fetched to see Google expanding this technology into other

Quoted

"Home automation is one of the bigger opportunities when you talk about the Internet of everything and connecting everything." Patil

Card hacking

Senators ask Target CEO for information on data breach

Two U.S. senators sought answers from the chief executive of Target Corp. as questions mounted in Washington about the company's response to the hacking of credit and debit cards of millions of its customers during the holiday shopping season.

"We ask that Target's information security officials provide a briefing to committee staff regarding your company's investigation and latest findings,"

said John Rockefeller, chairman of the Senate Commerce Committee, and Claire McCaskill, who heads a Commerce subcommittee on consumer protection.

The Democratic senators' Jan. 10 letter to Target CEO Gregg Steinhafel was released on Tuesday.

Shortly after, the top Democrat on the House Oversight and Government Reform Committee sought a hearing on the theft of about 40 million credit and debit card records and 70 million other records containing customer information.

REUTERS

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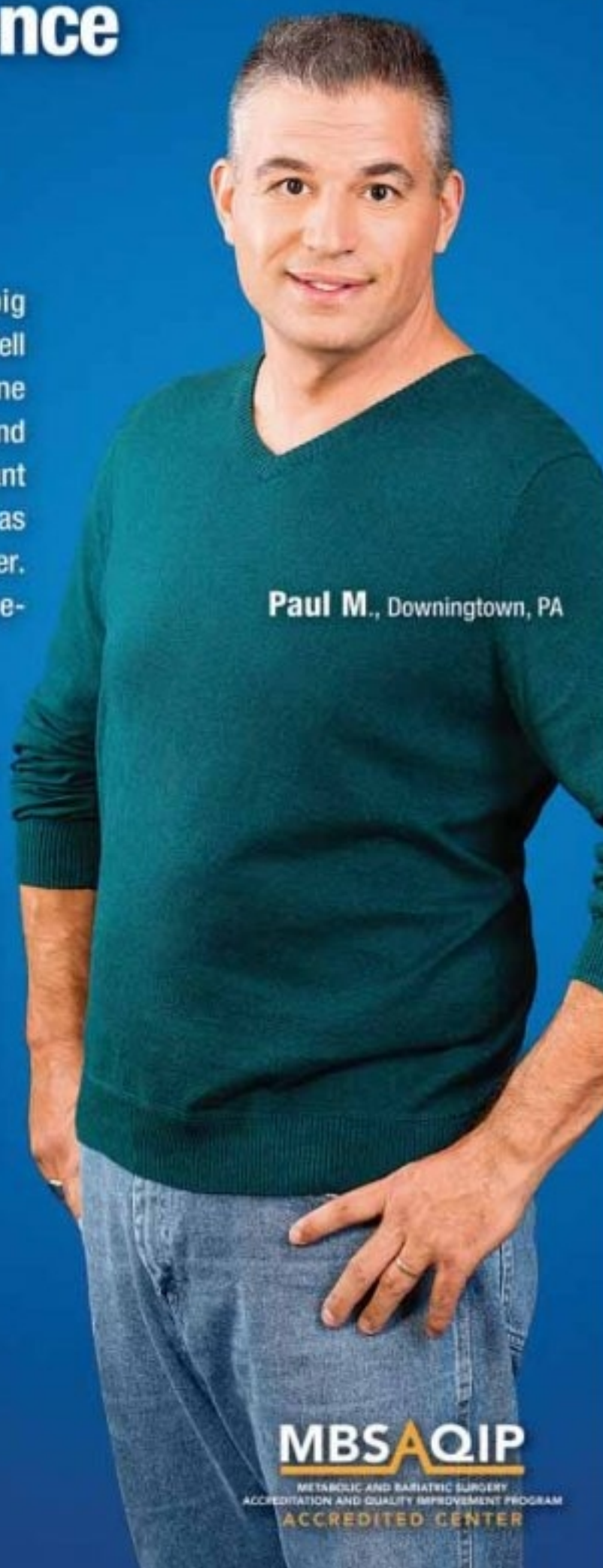
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In China. Doctor gets suspended death rap for selling newborns

A Chinese court on Tuesday handed down a suspended death sentence on a doctor who sold seven newborn babies to human traffickers, a case that sparked widespread anger in a country where child trafficking is rampant.

Zhang Shuxia, 55, an obstetrician in northwestern Shaanxi province's Fuping county, was found guilty of selling the babies for as much as 21,600 yuan (\$3,600) each between 2011 and 2013, the court in Weinan city said.

Zhang tricked the parents to give up their newborns by convincing them the infants had incurable diseases or deformities, the court said.

"Though Zhang Shuxia confessed, her behavior violated both professional and social ethics, had an extremely bad social impact and the circumstance of the crimes were grave," the court said.

Unvalued

Child trafficking is widespread in China, where population control policies have bolstered a traditional bias for male offspring, seen as the main support for elderly parents and heirs to the family name, and have resulted in abortions, killings or abandonment of girls.

- The imbalance has created criminal demand for abducted or bought baby boys, but also for baby girls destined to be future brides attracting rich dowries.

A trafficker threw one sick child into a garbage ditch, presuming she was dead. Zhang was not convicted in connection with the child's death, but the court ruled she was partly responsible. **REUTERS**



Beanie Babies creator gets probation

The billionaire creator of Beanie Babies, Ty Warner, will serve two years probation — including mentoring high school students — following his guilty plea on a tax evasion charge, but no jail time, a federal judge ruled Tuesday. Warner, 69, who pleaded guilty in October, told U.S. District Court Judge Charles Kocoras in Chicago that he was sorry and called it the biggest mistake of his life. Warner already had agreed to pay a civil penalty of nearly \$53.6 million. Kocoras cited Warner's many acts of charity in imposing two years' probation as requested by his attorneys, rather than the prison term sought by prosecutors. "Society will be best served by allowing him to continue his good works," Kocoras said. Warner, who in 2013 was ranked as the 209th richest American by Forbes, "went to great lengths" to hide from his accountants and the Internal Revenue Service more than \$3.1 million in foreign income generated in a secret Swiss bank account, according to the U.S. Attorney's office in Chicago. **REUTERS / GETTY IMAGES**

Strained ties

Diplomat seeks dismissal of criminal case

A lawyer for Indian diplomat Devyani Khobragade on Tuesday asked a U.S. judge to throw out immigration and employment charges against her that led to a major diplomatic spat between the United States and India.

The lawyer argued that Khobragade's diplomatic status, granted by the State Department last week as part of a deal allowing her to leave the country, gave her absolute immunity from prosecution, even for incidents that allegedly occurred before her accreditation.

Khobragade, a U.S.-based consular official, was arrested on Dec. 12 and accused of underpaying her housekeeper.

REUTERS



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Prince will guest star on 'New Girl'



Is there anything Zoey Deschanel's big blue eyes can't do? (ALL PHOTOS GETTY IMAGES)



Prince is set to appear in the post-Super Bowl episode of "New Girl."

Forget Manic Pixie Dream Girl — I think Zoey Deschanel might be a straight-up wizard. Surely only a powerful spell could explain how she got Prince — motherf—-in' Prince — to guest star on her sitcom "New Girl." Even more indicative of sorcery? Apparently it was his idea.

Prince is set to appear in the post-Super Bowl episode of "New Girl," during which he'll help Jess (Deschanel) and Nick (Jake Johnson) with their

relationship. Producer Brett Baer told E! News that Prince is a huge fan of the show, and of Jess and Nick's love affair in particular. "He knows everything about the show. He contacted Zoey [Deschanel] and Hannah [Simone] directly and asked to do the show. We couldn't work it out last year. But when the Super Bowl thing was floated, it was perfect timing."

"He said, 'I want to be involved in the show in

a real way, and I want to help Nick and Jess with their relationship,'" executive producer Dave Finkel said.

Finkel, presumably after confirming with a bunch of people that he didn't dream of Prince asking to counsel his sitcom characters, agreed. Man, is there anything Zoey Deschanel's big blue eyes can't do? Maybe she should bat them at Kim Jong-un and get him to stop executing his uncles. **MELINDA TAUB**

Talking point

Why Willow Smith turned down 'Annie'

Willow Smith was slated to star in the modern remake of "Annie" that her dad,

Will Smith, is producing with Jay Z — but it turns out she has more important things to do. "I just wanted to chill and be at home and decompress and just find out what I want to do and where I stand on this plan-

et, with the little tiny place we have," the 13-year-old tells V magazine, explaining why she turned down the role, which eventually went to "Beasts of the Southern Wild" star Quvenzhané Wallis.

Director compares 'Hunger Games' to slavery

David O. Russell is not one to mince words. And now the director might cause some trouble with his recent comparison of the "Hunger Games" franchise to, um, slavery — but at least he's aware of it.

"Talk about 12 years

of slavery, that's what the franchise is. And I'm going to get in so much trouble for saying that," Russell tells the New York Daily News, suggesting producers go easier on Lawrence, who just won a Golden Globe for his film "American Hustle." "I personally think they should give her a bit of breathing room over there because they're printing money. But she's a very alive person."

That is, she's an "alive" person who has rights and a huge paycheck (unlike, you know, slaves).



Director David O. Russell thinks the "Hunger Games" franchise's producers should go a little easier on star Jennifer Lawrence.

2

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'It's a new show now'

Reality. Harry Connick Jr. joins the judges table on "American Idol."

For Harry Connick Jr., joining this year's "American Idol" judges lineup was a no-brainer.

"It just felt like a natural thing to do," says the multi-platinum Grammy winner, who will take a seat alongside Jennifer Lopez and Keith Urban on the judges panel when "Idol" returns with a two-night premiere Wednesday and Thursday on FOX. "My whole life has been a lot of interaction with people who are a lot better than I am, and as I got older I started to be on the giving end of those things. ... I feel very comfortable in that kind of environment."

The singer is no stranger to "Idol," having served as a mentor to contestants in 2010 and 2013. He even cops to watching the show since day one. Becoming a permanent fixture on the scene, he says, is "different, but not a surprise."

"It's extremely intense. The days are long. It's very emotional, but it's just the wildest ride, and it's a wonderful ride with great people, and I really just like being a part of it. ... We're just having a ball."

Despite a rotating cast of superstar judges (Mariah Carey, Nicki Minaj, Steven Tyler and Ellen DeGeneres have all served on the show) "Idol" has been on the ratings decline in recent years. Connick says he didn't ask Lopez or Urban for advice before his new gig because "it's not rocket science."

This marks the first



"American Idol," with new judge Harry Connick Jr., right, kicks off its two-night season premiere tonight at 8 on FOX. / GETTY IMAGES

Quoted

"Sometimes you do have to give bad news, and the truth is the best thing these kids can hear. ... You have to tell it like it is." Connick

year without industry vet Randy Jackson as an "Idol" judge. Jackson is shifting into an in-house mentor role, a move that Connick is happy with.

"Randy Jackson is great. ... But it's a new show now," he says. "It has different producers, different panel, different contestants. It has

a new look, it has a new feel, and it's a new day for this great show. Fortunately for all of us Randy is still a huge part of it as a mentor, and I think the kids are going to be very lucky to have him on their side."

And the kids who have Connick on their side will know — the singer says he won't be shy about doling

out critiques. "Sometimes you do have to give bad news, and the truth is the best thing these kids can hear. I think you can be diplomatic about it, but you also have to be real. You have to tell it like it is."



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TV watch list

COMPETITION

'American Idol'

It's part one of a two-part season premiere and JLO, Keith Urban and Harry Connick Jr. are back to sift through all the crazy and pick the hopefuls who can actually sing. That's all fine and good, but we mostly want to see Connick Jr. and Lopez get it on. (Can't get enough Connick Jr.? Check out our interview on page 10!) **SEASON PREMIERE, 8 P.M., FOX**

REALITY

'Real World: Ex-plosion'

Only two episodes in and this new season already has us, once again, thinking that applicants to undergo a thorough psychological screening before allowing them to appear on television.

10 P.M., MTV
ALEXANDRA CAVALLO

COMEDY

'Modern Family'

Gloria faces off against a mean mom at school in a war that comes to blows in a dodgeball showdown. The mean mom is played by Jane Krakowski, who we have sorely missed since "30 Rock" ended. **9 P.M., ABC**



If "30 Rock" taught us anything, it's that you don't mess with Jane Krakowski. / ABC, RICHARD CARTWRIGHT



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A dark subject for a bright dance

Premiere. Les Ballets Jazz de Montreal wants to "bring a spectrum of different colors."

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The title character of the 2012 ballet "Harry," by Israeli-American choreographer Barak Marshall, struggles against a variety of both physical and existential obstacles. That may sound like a dark subject for a dance piece, but Louis Robitaille, artistic director of Les Ballets Jazz de Montreal (BJM), offers his assurance that the piece fits in with the Canadian company's athletic, exuberant style.

"The ballet is all about the conflicts in our lives,

in our environment, in our society," Robitaille says. "But what is great about Barak Marshall is the fact that he treats serious matters with a lot of humor. Harry constantly dies and is reborn like a phoenix, showing how strong people can fight against negative things, all with a great sense of humor. I think it supports the personality of the company, which is anything but dark

and dramatic and obscure."

"Harry" makes up the second half of the program that BJM will bring to Philly this weekend, an evening of local premieres that Robitaille assembled particularly with the city in mind. "We are very lucky to visit Philadelphia quite regularly," he says. "We've never danced these ballets together, which is something that I've wanted to do for a long time.



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The exuberant troupe will dance to the music of leading contemporary composers. / BENJAMIN VON WONG

I thought it would be special to do this for the first time in Philadelphia."

The first half of the evening is composed of three shorter ballets, all set to the music of leading contemporary composers. Spanish choreographer Cayetano Soto contributes the ensemble piece "Fuel," which interprets the industrial world via a string orchestra piece by composer Julia Wolfe; and "Zero In On," a duet set to music by legendary composer Philip Glass.

The music of Glass is

also the basis of "Closer," a 2006 duet by Benjamin Millepied, who choreographed Darren Aronofsky's "Black Swan" and went on to marry the film's star, Natalie Portman.

"The essence of dance is music and movement," Robitaille says. "I'm always looking for choreographers and creators who can make that marriage perfect. Music brings different moods and emotions to a performance, and I like to bring a spectrum of different colors to our shows."

Most of all, Robitaille says, the wide-ranging company is welcoming to audiences unfamiliar with dance and satisfying for those who know it intimately. "It's a very accessible program for the audience. BJM is very joyful, very bright, very passionate. We give beauty and inspiration to people, and make them forget their problems."



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Scarlett Johansson's favorite kitchen gadget: SodaStream

Stellar product endorsement. The actress waxes poetic about homemade carbonated drinks.

Scarlett Johansson likes bubbles — a lot. The actress admitted as much last Friday evening at the launch event announcing her new role as the global

brand ambassador for SodaStream, for which she'll star in a Super Bowl commercial on Feb. 2.

"I grew up drinking carbonated water. My mom used to mix it with fruit juice instead of [buying] soda. When I moved out of the house and started throwing out my own garbage, I realized how many plastic bottles and cans I was wasting," she says. "I felt really guilty about that, but I still wanted to drink

Quoted

"It really changed my life. Now I don't feel guilty about enjoying the beverages that I do at home. I love that I can have a party and not have trash bags full of waste."

Johansson

carbonated water."

Johansson's guilt-free solution: SodaStream, the DIY soda maker. "I went online and thought, there's got to be soda makers, we have been drinking soda for centuries," says the actress. "I bought mine at Williams Sonoma and my love for SodaStream started."

MAJA LUNDAGER
letters@metro.us



ScarJo prefers sparkling over flat. / GETTY IMAGES

More with the bombshell

Why SodaStream?

It really changed my life. Now I don't feel guilty about enjoying the beverages that I do at home. I love that I can have a party and not have trash bags full of waste. I've been pushing it on my friends and family for years and given it as housewarming gifts. I believe so much in [the product's] environmental values and its health initiatives. It just fits so perfectly to my lifestyle.

What's your favorite

flavor combo to fizz up?

I drink a lot of sparkling water more than anything. I like the diet flavors because they're made with Stevia and Splenda, so it's not Aspartame. We did the grapefruit and orange, which was a combination I like, and the Dr. Pete, which is kind of



a spicier Dr. Pepper flavor.

Do you spend a lot of time in the kitchen?

I like to cook. I don't eat red meat, so I make a lot of turkey meatloaf, chicken chili and that kind of stuff. I make a lot of American comfort foods, but the healthy version of them.

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Wednesday, January 15, 2014

TECHNOLOGY

16

Living the digital dream. Here are the top gadgets en route in 2014.

Can you believe it? It's 2014. We may not have hoverboards, and the Tupac hologram was just a one-off, but there's plenty of other futuristic gizmos to keep us from reading books and going outside.

the Oculus Rift, essentially a VR helmet that puts you inside video games. The tech is pretty astounding and early reports indicate that it will make you puke, both from utter awe and from nausea.

In other words, there are tons of them coming out. Pebble was the first kid on the block when its Kickstarter smashed all records in 2012. Now it's back with the Pebble Steel. This watch has eaten plenty of fish oil, as its smarts are through the roof. It can do pretty much everything your phone can do, and then some.

Oculus Rift

Release date: TBA
Ever since Captain Picard donned a detective's costume and entered the holodeck, mankind has dreamed of wasting time in virtual reality playgrounds. Something that immersive is still a ways off, but we are certainly making strides to get there. Enter

Pebble Steel

Release date: Later this month
Cost: \$250
Ah, the smartwatch. These little Dick Tracy doodads have yet to catch on with consumers, but certainly have caught the attention of corporate boardrooms.

Apple stuff

Release date: Whenever they want
Apple likes to play things close to the vest, but we all know they'll release a bunch of cool stuff this year. Rumors swirl that an extra large iPad using a chipset as powerful as a MacBook Air will drop in May. Many sources have also reported that the Cupertino gang are working on a smartwatch of their own, codenamed — wait for it — the iWatch.
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Get 'Toned Up' with Bravo's newest stars

NEW

in the new year

Fitness. Best friends and business partners Katrina Hodgson and Karena Dawn give us a 20-minute workout routine that'll cinch every inch of your bod.

First things first

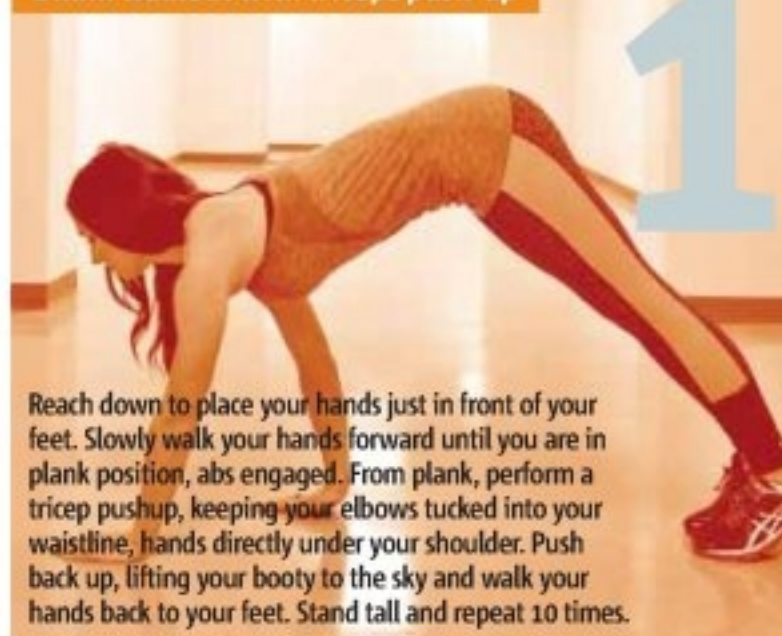
Warm up

Do some high-knees, jumping jacks and toe touches for a total of 2 minutes. You also can intensify your workout by doing 45-60 seconds of jumping jacks or jump rope between each move.



MEREDITH ENGEL
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Bikini workout with triceps push-up



Reach down to place your hands just in front of your feet. Slowly walk your hands forward until you are in plank position, abs engaged. From plank, perform a tricep pushup, keeping your elbows tucked into your waistline, hands directly under your shoulder. Push back up, lifting your booty to the sky and walk your hands back to your feet. Stand tall and repeat 10 times.

ALL WORKOUT PHOTOS MILES DIXON

Tummy tuck with glute kickback



Start in a plank position on your hands. Perform a tummy tuck by pulling your right knee up to your right elbow and keeping your abs engaged. Then kick your right leg straight back and up to really work the rear! Repeat 10 times before alternating sides.


Body movin'

Why it works

These moves work multiple muscle groups, so "you're being more efficient and boosting your metabolism," Dawn says. Eat right, do this sequence two times a week, and add a strength training and high-intensity interval training workout, and you'll start seeing results in a couple weeks.

Hodgson, left, and Dawn, star on "Toned Up," every Thursday at 10:30 p.m. on Bravo. To see all the moves in more detail, visit www.metro.us / GETTY IMAGES

Bottoms up

Lay on your belly with your palms down in front of your face. Use your lower back to lift your legs off the ground and then curl both legs up, working the butt and the backs of the thighs. Repeat 15-20 times.



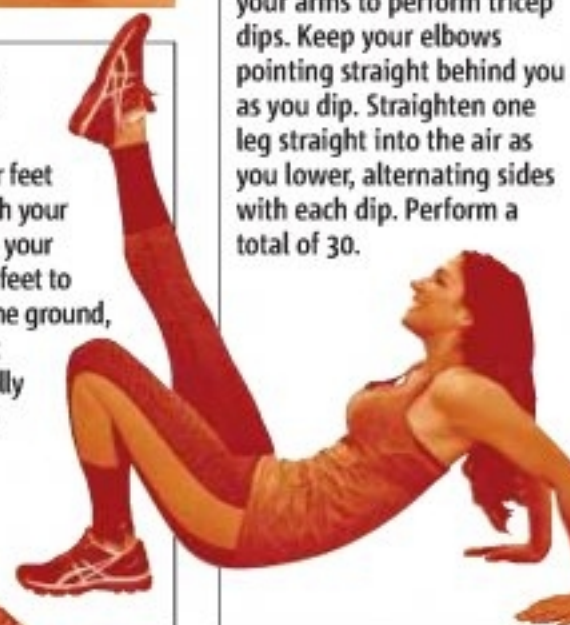
Side plank cinch (up and down)

Lay on your right side with your legs straight and your feet stacked one in front of the other. Support yourself with your right arm, keeping it straight and directly underneath your shoulder. You want to create a straight line from your feet to your shoulders. Begin by dipping your hips down to the ground, and pulling back up just beyond starting. Repeat 10 times before switching sides to really cinch the waistline and tone the obliques.



Skinny dip

Sit with your feet in front of you, knees bent and your hands behind your bum, directly under your shoulders. Push up through your hands and heels to lift your booty off the ground, until you're in a table top position. Push forward through your hips as far as possible and dip down using your arms to perform tricep dips. Keep your elbows pointing straight behind you as you dip. Straighten one leg straight into the air as you lower, alternating sides with each dip. Perform a total of 30.



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The fitness trends



Simone De La Rue

Trains Jennifer Aniston, Chelsea Handler and Naomi Watts: "Obviously I would say dance cardio, as it is one of my signature classes. It's a fun way to get your sweat on and burn the calories, and it doesn't require any equipment other than kick-ass tunes. The second would be Cross-Fit. It is already starting to take over the fitness scene in a big way. Once some of the exercises are modified to suit women better, I think this will be the workout to dominate the fitness world."

Gunnar Peterson

Trains Khloe Kardashian, Jennifer Lopez and Bruce Willis: "It's all gonna keep going back to hybrid stuff: spinning bike with weights, yoga-boxing — it's all combination stuff. It all comes down to multi-tasking. You can't be too boutique anymore. Then [clients will] feel like they're neglecting something else so they'll leave you and go to that."



Adam Rosante

His client list is so exclusive, it's his policy not to name names: "I think we'll see people embracing more online workouts and continuing to move more toward any kind of functional fitness that encourages a sense of community and really makes fitness fun."

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EDUCATION TOWARDS EMPLOYMENT

you'll see this year

We asked top trainers what kinds of workouts you can expect to see surge in popularity this year. Here, they weigh in. **MEREDITH ENGEL**

NEW

in the new year

Harley Pasternak

Trains Lady Gaga, Usher and Rihanna



1 "Fitness getting out of the gym. The big-box model is still in effect, but I think when people want to do yoga they'll go to a yoga studio. I think we'll be seeing that for awhile, almost like disassembling the gym. The gym is sort of like a Swiss Army Knife of wellness. They happen to have scissors — are they the best pair of scissors? No, but if you need them they're on your Swiss Army Knife."

2 "Digital streaming of exercise content, insomuch as getting your workouts on your phone — there's a lot of that now. Streaming personal training sessions over your computer or your tablet is becoming more and more popular, [but] I don't think it's gonna

stick. Part of the training is the personal experience."

3 "Definitely the use of activity monitors, the Fitbit, that's huge — the idea of people not being tethered to the gym, and being active out of the gym, and being able to monitor how much you're moving."

4 "There's research that people who are entertained with some kind of medium, like a TV show, while they do cardio have a lower rate of perceived exertion," says Pasternak, who recently teamed up with Netflix to promote working out while you're simultaneously entertained. "They actually feel the cardio is easier."

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Horoscope

♈ Capricorn | Dec. 22-Jan. 20. Keep everything out in the open so you can deal with issues as they arise. You must clear up any misunderstandings.

♊ Aquarius | Jan. 21-Feb. 18. Don't waste the day. Secrets are apparent, and they must be considered before you make a decision based on limited information.

♓ Pisces | Feb. 19-March 20. Step out of your shell and try something unique. Offer help and look for ways to utilize what you have to offer in more diverse ways.

♈ Aries | March 21-April 20. Avoid altercations. Partnership problems will escalate if you don't compromise. A common-sense approach to work will pay off.

♉ Taurus | April 21-May 21. Take a chance and present what you have to offer. Showing your skills will be far more effective than talking about them.

♊ Gemini | May 22-June 20. You'll be tempted by an offer that may not be legitimate or that is based on hearsay rather than facts. Step back before you suffer a loss.

♋ Cancer | June 21-July 22. Relationships, partnerships and mingling with people will bring about unusual and exciting opportunities. Love is on the line.

♌ Leo | July 23-Aug. 22. Watch your back today, especially when dealing with financial, legal or medical issues. Take some time to confabulate with trusted allies.

♍ Virgo | Aug. 23-Sept. 22. Your suggestions will be well-received. Do your best to help out, but don't let anyone take you for granted.

♎ Libra | Sept. 23-Oct. 22. Stay calm and rely on your knowledge and ability to deliver information with intelligence and passion.

♏ Scorpio | Oct. 23-Nov. 21. Take part in unique activities and develop relationships that will be of use to you. Alterations to your living arrangements will be comforting.

♐ Sagittarius | Nov. 22-Dec. 21. Keep an eye on your personal concerns. Be prepared to make a sudden move should anyone stand between you and your goals. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

5					4		6
	7	1		4	5		2
4				8			5
				4			
9	8					7	3
			2				
	4			3			7
7	5		1	6		3	4
3		2					8

8				2		6	9
			9		7		3
	3	2				1	7
		9	7				6
	2			8			7
	7				9	3	
3		5				9	4
	4		6		5		
	9	8		1			6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

So-called 'bullies' make history

The worst thing about Chris Christie's ordeal by the liberal media over Bridgegate nonsense is the bounce it gives his low-life partisan enemies, the Democrats, parasites and their union overlords, especially the most vile of them all, the teachers unions. Christie is a "bully"? Give me a break — Patrick Henry, Samuel Adams, John Adams, Andrew Jackson, Abraham Lincoln, FDR, Harry Truman and LBJ were all bullies also, in their own ways. Now they're American icons.

ROBERT SIEGER, VIA EMAIL

Congress v. Middle Class

Millions of Americans are just plain fed up with Republicans and Democrats because of their inability to do what's good for us who put them in office for that purpose. The vast majority supports extending unemploy-

ment benefits for the 1.3 million (probably a lot more) with no strings attached, whose benefits ran out at the end of 2013. Cutting funding for schools, food stamps allowance, heating and health care is the wrong way to go toward bringing down our debt. There has to be other ways to cut the national debt, but not on the backs of middle-class families and senior citizens. It's as if both political parties have a death wish on us. Again I say I don't know what the answer is — because Congress, despite poor leadership by President Obama, has to realize that's what they were elected to do. Each side has to swallow their pride, set aside their partisan politics (that are wrecking our economy and our stature as leader of the Free World) and compromise their way to an agreement that will benefit all Americans.

HERB STARK, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across

- 1 Minds the phone
- 5 Orange-and-white rental (hyph.)
- 10 Fiery heap
- 14 Jazz's home
- 15 Upper body
- 16 Authentic
- 17 Long-gone bird
- 18 Doctrine
- 19 Singer — James
- 20 Went postal
- 22 Thug
- 24 Rocky peak
- 25 Tijuana "Mrs."
- 26 "Humbly!"
- 29 Seuss' — I-Am
- 32 Cheapen
- 36 Aussie gem
- 37 Naval officer
- 39 Back-fence yowler
- 40 Is practically infallible (4 wds.)
- 43 Before now
- 44 Threaten
- 45 Heavy hydrogen discoverer
- 46 Odometer button
- 48 Mag execs
- 49 Sultans' cousins
- 50 Boxer, maybe
- 52 Roman's 16
- 53 Lounge chairs
- 57 Pace setters

Down

- 61 James — Jones
- 62 Significant
- 64 Seine aits
- 65 Margarine
- 66 Madrid art gallery
- 67 Fly like a fly
- 68 Dateless
- 69 It "keeps on ticking"
- 70 Sudden urges
- 1 Flood residues
- 2 Egyptian sun god
- 3 Goose egg
- 4 Co-workers' gab
- 5 Sigh or murmur
- 6 Whacked weeds
- 7 Prince Val's son
- 8 Opportunist
- 9 Pond blossom
- 10 Factory-assembled
- 11 Himalayan sighting
- 12 Pro — (in proportion)
- 13 Style
- 21 "Wham!"
- 23 Euro casualty
- 26 Juice, so to speak
- 27 Future fern
- 28 Furry hoppers
- 29 Take potshots at
- 30 Set a price
- 31 Bearings
- 33 Video-game pioneer

- 34 More achy
- 35 Oscars' cousins
- 37 Horror-film street
- 38 Seek excitement
- 41 Web locales
- 42 Add moisture
- 47 Final words (var.)
- 49 "The Loco-Motion" girl
- 51 Lure
- 52 Make copies
- 53 Business VIPs
- 54 Sentry's bark
- 55 General vicinity
- 56 Graceful wrap
- 57 Veinlike deposit
- 58 Fashion mag
- 59 Equine restraint
- 60 Former JFK arrivals
- 63 Wedge in

Yesterday's answer

SLAM	PBS	FEAR
HAREM	FLIP	IMSO
AMANA	LOCI	TYCS
DEBUGGED	LESLIE	
URE	BLT	EIS
HEIFER	GRACE	
ENVOY	PRIGHTWIG	
RYAN	GUILLE	HIDE
BANDSHELL	PANEL	
ATOLL	TINGES	
ABS	USS	GAT
LATENT	PARTISHES	
TROD	ISIS	ENOCH
AGOG	NOSH	SINCE
RELY	GOA	PIED

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65				66						67		
68				69						70		

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Chase Utley will be healthy when spring training begins for the second straight season, a big plus for the offense hungry Phillies. / GETTY IMAGES

Chase Utley optimistic heading to new season

MLB. Star second baseman says healthy Ryan Howard will be key in 2014.

Chase Utley is normally as quiet as the Phillies bats have been over the last two seasons. The player, who is arguably Philadelphia's most popular athlete typically resides in his fortress of solitude prior to games.

Utley will occasionally toss a cliché-ridden quote or two to the media after having a big game.

So Utley, of all players, met the press to discuss the Phillies 2014 season. The gritty and gifted second baseman is optimistic about his club's chances.

"I wouldn't have signed back here if I didn't think we'd have that opportunity," he said.

Utley passed on free agency and signed a two-

year \$27 million extension to stay with the Phillies. The deal can morph to five-years, if Utley can continue to post 500 plate appearances each year, as he did in 2013.

"I'm really excited to get everyone healthy and back on the field," Utley said.

When Utley stares at the deck of cards the Phillies will deal, he sees a pair of aces (Cole Hamels and Cliff Lee) and a king (Ryan

Howard), who was hobbled the last two seasons.

Utley mentioned Howard four times during his 17-minute state of the Phillies address.

"We've missed him for really the past couple years," Utley said. "With him in the middle of our lineup, he creates a lot of different things for the opposing team. His power is scary. He has a knack for driving in runs."

A healthy, productive

Howard is essential for the Phillies to compete. During the last two disappointing seasons, the Phillies were a solid 77-63 with Howard and an atrocious 77-107 without 'the big piece.'

"Having him back is huge for us," Utley said. "We need him to be out there as much as possible, playing like he is capable of."

ED
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sports@metro.us

3

SPORTS



Doc could lend a hand

Amaro wants Halladay to pitch in

Ruben Amaro stated that he would like recently retired Roy Halladay to return to the club in some capacity. Chase Utley would welcome Doc back. "It was an honor to play with him for four seasons," Utley said. "I know he rubbed a lot of people the right way in the clubhouse."



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Sixers host Charlotte after needed time off

NBA. The 76ers take on the lowly Bobcats at 7 p.m. at Wells Fargo.

The Sixers dropped four consecutive games in six days three of them at home, dropping to a 12-25 mark for the season.

But the Sixers have been streaky all season long, and a home date with the 15-23 Bobcats could be just what the doctor ordered for the struggling 76ers with about a month to go until the All-Star break.

Before the recent slide, the Sixers shocked the league with a four-game win streak, all on the road. The team defeated the Lakers, Nuggets, Kings and Blazers in the treach-



The Sixers look to erase a four-game losing streak against the Charlotte Bobcats Wednesday night. / GETTY IMAGES

erous Western Conference.

The game against the Bobcats comes after three days of needed rest and

will hopefully be a slump-buster. If it isn't, the Sixers could chase down their season-high seven game slide from early and mid-December.

Defensive deficiency

110.9

The Sixers rank 30th, dead last in the entire NBA in points allowed per game.

The Bobcats are very strong defensively but are relatively weak on offense. Charlotte averages just 93 points per game in contrast to the Sixers' 102.5. This could work in Philadelphia's favor, as the Sixers are one of the worst defensive squads in the NBA.

Big man LaVoy Allen is questionable for the game and could be a costly absence if he is not able to play on an injured calf.



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New Philadelphia Union defenseman Ethan White celebrates a U.S. Open Cup victory with D.C. United in 2013. / GETTY IMAGES

Union make noise prior to MLS draft

MLS. Union trade Jeff Parke for Ethan White and also secure No. 1 pick.

The Philadelphia Union have acquired not only the No. 1 ranking in the MLS allocation order from D.C. United, but also central defender Ethan White just two days before the MLS Draft in Philadelphia.

Unfortunately, the deal cost Philadelphia homegrown talent Jeff Parke.

Parke, a 31-year-old defender, played college soccer at Drexel after growing up in Abington, Pa.

"I want to express how incredible it was for me

to represent a such great team, city and group of supporters," Parke said in a press release. "My heart and home are in Philly and you have all been fantastic to me from day one. I will miss you and want you to know how grateful I will always be to everyone who made my experience here such a memorable one."

White played over 3,000 MLS regular season minutes in three seasons with D.C. United.

He also helped lead D.C. United to a U.S. Open Cup trophy in 2013, playing all 90 minutes in a 1-0 shutout road win versus Real Salt Lake.



EVAN MACY
evan.macy@metro.us

Union manager sounds off

"Having the No. 1 ranking in the MLS allocation ranking is a great opportunity for us to improve our roster."

John Hackworth, Philadelphia Union manager

Detroit finds coach

Lions hire Caldwell as head coach

After a two-week search, the Lions named Jim Caldwell their next head coach.

Caldwell, 58, went 26-22 with the Colts from 2009-2011. He also led Wake Forest from 1993-2000. **METRO**

PSU loses assistant

Johnson steps down after 18 seasons

The longest-tenured coach at Penn State turned down an offer from new head coach James Franklin to stay.

Larry Johnson coached several current NFL players as defensive line coach. **METRO**

Morgan on radar

Phillies could be interested in Morgan

According to reports, the Phillies could be interested in offering Nyjer Morgan a spring training invite.

A former Washington National, Morgan, 33, batted .294 in Japan last season. **METRO**

Sixers roster move

Brown sent down to 87ers of D-League

After his third stint with the Sixers this season, Lorenzo Brown will return to the Delaware 87ers.

Brown has appeared in 15 NBA games and has averaged 19 points in the D-League. **METRO**

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SPORTS

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On the Phillies

"It's always been an Eagles town, but at one point, from 2008 to 2011 it was a Phillies town and it could have been for a lot longer."

Kevin Negandhi, SportsCenter anchor on the Phillies' recent off-season moves.

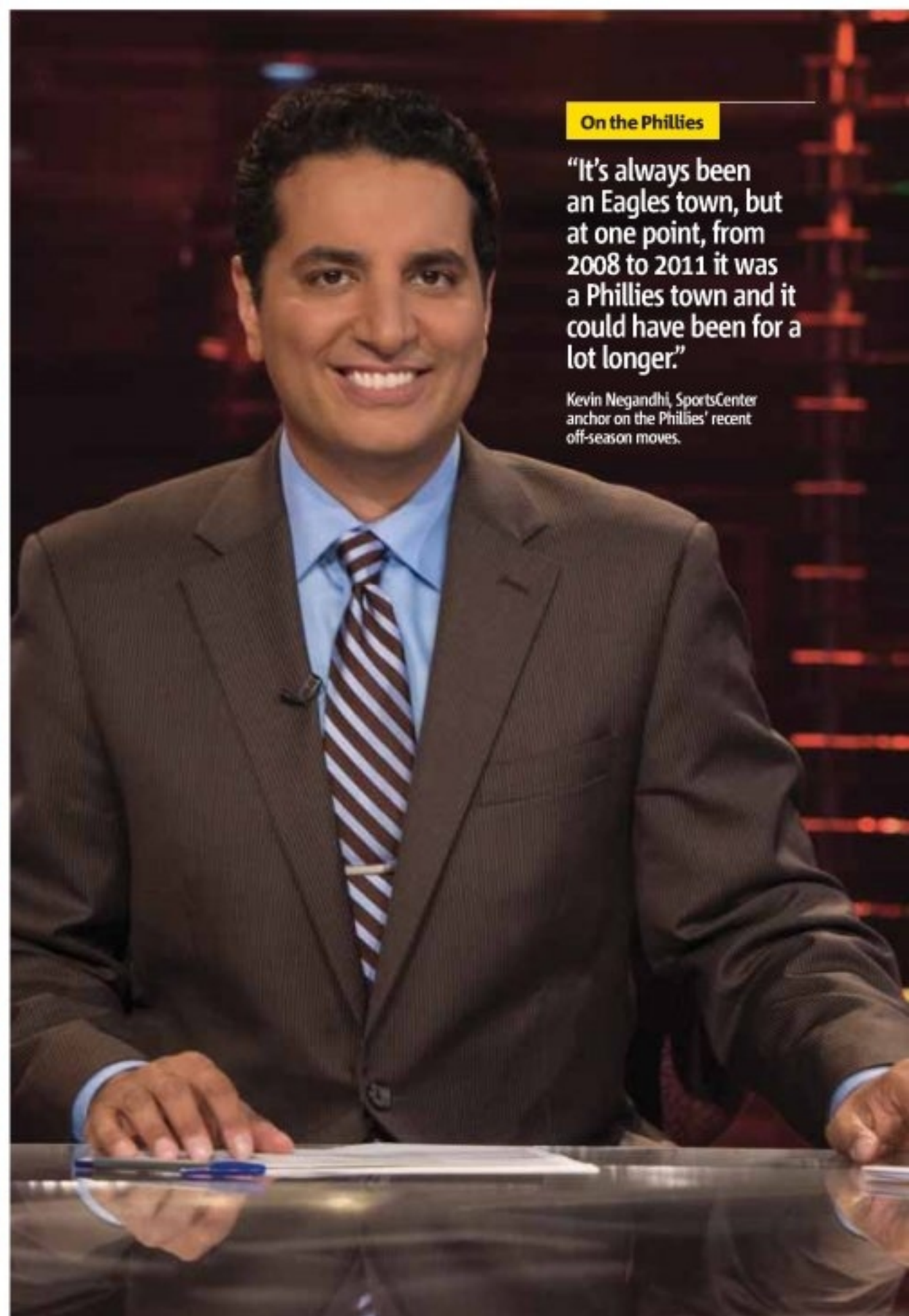


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KEVIN NEGANDHI

The current ESPN personality and Temple University alum looks back with pride to his Philadelphia roots, discusses his high-profile job and pontificates on the future of Temple and Philly pro sports.

'FROM OWL TO ANCHOR'

What athletes did you grow up rooting for in Phoenixville, Pa.?

On the field the three guys always stood out for me. Mike Schmidt, who had this little waggle at the plate. I think every kid growing up in the mid [19]80s who wanted to be a home run hitter had that little butt shake when playing whiffle ball. [Julius Erving], no doubt about it, was the basketball player growing up. And, the Eagles were unique. I love every player that wore the Kelly Green. It's funny working with Herm [Edwards], [Ron Jaworski], Brian Dawkins. Those are

the guys who I identify my love of sports with.

You have been covering sports your entire adult life. What set you on that track?

I played [sports] all year round but I also knew I loved commenting on games. Downstairs in my basement I had a mini-basketball hoop where I set up tournaments, or I set up whiffle ball games, and I kept all the stats on home run leaders, who was the strikeout leader. I loved that stuff. Maybe it was my background with my dad being an accountant but I loved

numbers. But I identified more with the storytelling, with a situation where you had to make the perfect call, a game-winning home run or buzzer beater.

Do you find it more difficult to report stories on hometown teams?

I have fun with it. I think all of us do. I think many anchors, like Linda Cohn is a die hard Giants and Rangers fan. [Stuart Scott] with his ties to UNC. We all have ties. That's why we got in this business. For me, I look at it that the people that love their teams and are passionate about their teams, that's critical. They know what's going on and are fully involved. I think that

benefits the audience, that I know more about what's going on when a story breaks in the city of Philadelphia. It's never gotten in the way of anything I've done.

Have you had any star struck moments as an anchor in Bristol?

There are moments that are pretty awesome ... Bo Jackson. I had 11 posters of him as a teenager. I thought the world of Bo and being able to do a 10-minute segment with Bo. ... It's not star stuck, but it is just realizing what we are doing is very cool.



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Q&A

Temple athletics will bounce back

What do you make of Temple football's recent struggles?

I don't care about their record right now. The one thing I saw from this team was they played their butt off, especially at the end. The Central Florida game was a heartbreaker. I believe the future is bright with this program, because of the effort these kids put in and because of Matt Rhule. People forget, three coaches in four years? And switching conferences twice? That's tough for anybody.

And Temple basketball is down after several consecutive NCAA tournament berths.

I love [Fran Dumphy]. And I am not shy about it. I think people need to become a little realistic about the turnover of a program. They have been losing the recruiting war a little bit but I don't think one player changes everything. And, last year the team was a couple bad calls, and if [Khalif Wyatt] had any help, from knocking off Indiana and heading to the Sweet 16.

Was eliminating seven athletic programs the right move for Temple?

My heart goes out to those kids who had their programs cut. But this is not a unique thing to Temple, it's just the way college athletics is set up, you have to survive. If Temple wants to be a big time [program] this is what happens.

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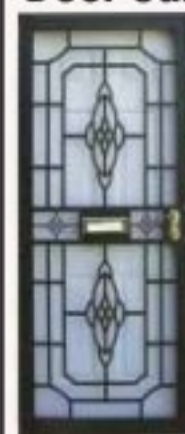
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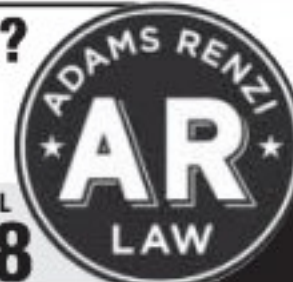
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